UHN Cardiovascular Prevention and Rehabilitation

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Name: _____

Class Day and Time: _____

Exercise Prescription: _____

# Aerobic Training Diary

| Date (month and day) | Type of Exercise | Distance (miles) | Duration (minutes and seconds) | 10 second pulse | | RPE (number) | Symptoms or Comments or Other Activities |
|---|---|---|---|---|---|---|---|
| | | | | Before Exercise | After Exercise | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

## My Action Plan:

- What do I want to do?
- What will I really be able to do this week?

**My plan will include:**

- What I am going to do
- When I am going to do it
- Where I am going to do it
- How Much I am going to do it
- How Often I am going to do it

This week I will

- _____ (what)
- _____ (when)
- _____ (where)
- _____ (how much)
- _____ (how often)

**My confidence rating that I can do this plan is:**

1 2 3 4 5 6 7 8 9 10

not confident at all totally confident

Rating of Perceived Exertion **(RPE)**

6
7 Very, Very Light
8
9 Very Light
10
11 Fairly Light
12
13 Somewhat Hard
14
15 Hard
16
17 Very Hard
18
19 Very, Very Hard
20

## Resistance Training Diary

| | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ |
|---|---|---|---|---|---|---|---|---|---|---|
| **Exercises** | **Dumbbell Row** | **Half Squat or Leg Extension** | **Bicep Curl** | **Leg Curl** | **External Rotation or Lateral Raise** | **Heel Raise or Toe Press** | **Chest Fly or Wall Push up** | **Abdominal Curl or Seated Curl** | **Triceps Extension** | **Bird Dog** |
| **Other Exercise** | | | | | | | | | | |
| **Date:** | | | | | | | | | | |
| Weight | | | | | | | | | | |
| Reps & #Sets | | | | | | | | | | |
| RPE | | | | | | | | | | |
| **Date:** | | | | | | | | | | |
| Weight | | | | | | | | | | |
| Reps & #Sets | | | | | | | | | | |
| RPE | | | | | | | | | | |
| **Date:** | | | | | | | | | | |
| Weight | | | | | | | | | | |
| Reps & #Sets | | | | | | | | | | |
| RPE | | | | | | | | | | |

**Medical Visits & Medicine Changes:** List any changes in your medicine, hospital visits (emergency), doctor visits, lab tests etc.

| Visits & Reason | Date | Name of Service or Test or Procedure |
|---|---|---|
| | | |
| | | |

| Name of Medicine | Date of Change | Dose (how much?) & Frequency (how often?) |
|---|---|---|
| | | |

# Pulse Taking

## **Where** to find your pulse:



1. Wrist - below the base of the thumb (Radial Artery Pulse)
    - Place 2 to 3 fingers on your wrist below the base of your thumb
    - Apply light pressure until you feel a heartbeat



2. Neck below the angle of the jaw (Carotid Artery Pulse)
    - Place 2 to 3 fingers on the side of your neck beside your Adam's apple in the hollow area
    - Be careful you do not press too hard; there is a risk of becoming lightheaded

## **How** to count your pulse:

- You will need something to time yourself counting. Use a stopwatch or a second hand on your watch
- Count the number of beats you feel while you time yourself for 10 seconds

## **When** to take your pulse:

- Before you exercise (at rest) (before you warm up)
- Immediately at the end of your exercise (exercise rate) (before you cool down)

# Rating Scales

| Rating of Perceived Exertion Scale (RPE) | |
|---|---|
| 6 | |
| 7 | Very very light |
| 8 | |
| 9 | Very light |
| 10 | |
| 11 | Fairly light |
| 12 | |
| 13 | Somewhat hard |
| 14 | |
| 15 | Hard |
| 16 | |
| 17 | Very hard |
| 18 | |
| 19 | Very very hard |
| 20 | |

- Use the Rating of Perceived Exertion Scale (RPE) to rate how much effort you are using during your exercise.
- Record this on your exercise diary

- Use the Rating of Perceived Pain Scale (RPP) if you experience pain during your exercise
- Record this on your exercise diary

| Rating of Perceived Pain Scale (RPP) | |
|---|---|
| 0 | Nothing at all |
| 0.3 | |
| 0.5 | Extremely weak (just noticeable) |
| 1 | Very weak |
| 1.5 | |
| 2 | Weak |
| 2.5 | |
| 3 | Moderate |
| 4 | |
| 5 | Strong |
| 6 | |
| 7 | Very strong |
| 8 | |
| 9 | |
| 10 | Extremely strong |

# Where Can You Do Your Exercise?

## Outdoors

Exercise outdoors when the weather is appropriate. It is important to make sure that you have measured your walking route. See your options on how to measure your route below.

## Indoor/Outdoor Track

- A walking track can help you measure your distance for walking/running
- You will need to know how many laps around the track is equal to a mile or kilometer

## Fitness/Gym/Recreation Facility

- Your local recreation centre or local gym will have all the exercise equipment you need for your program (e.g., treadmills, stationary cycles, elliptical machines, weight machines).
- You may consider getting an annual or part-time membership to meet your needs. Your Cardiac Rehab team can provide you with instructions on how to use these alternatives safely and provide you with appropriate exercise prescription guidelines for use with these machines
- Try to look for a Heart Wise Exercise facility

  - Fitness facilities with this symbol is like a check-mark for you to know that their programs:
    - Encourage regular aerobic activity
    - Incorporate a warm-up and cool-down with all their exercise
    - Allow you to exercise at a safe level and have different options for your exercise

## Mall

- Mall walking is a great free alternative. Some malls offer organized walking groups and others open early so you can walk. Call your local mall to see what is available.

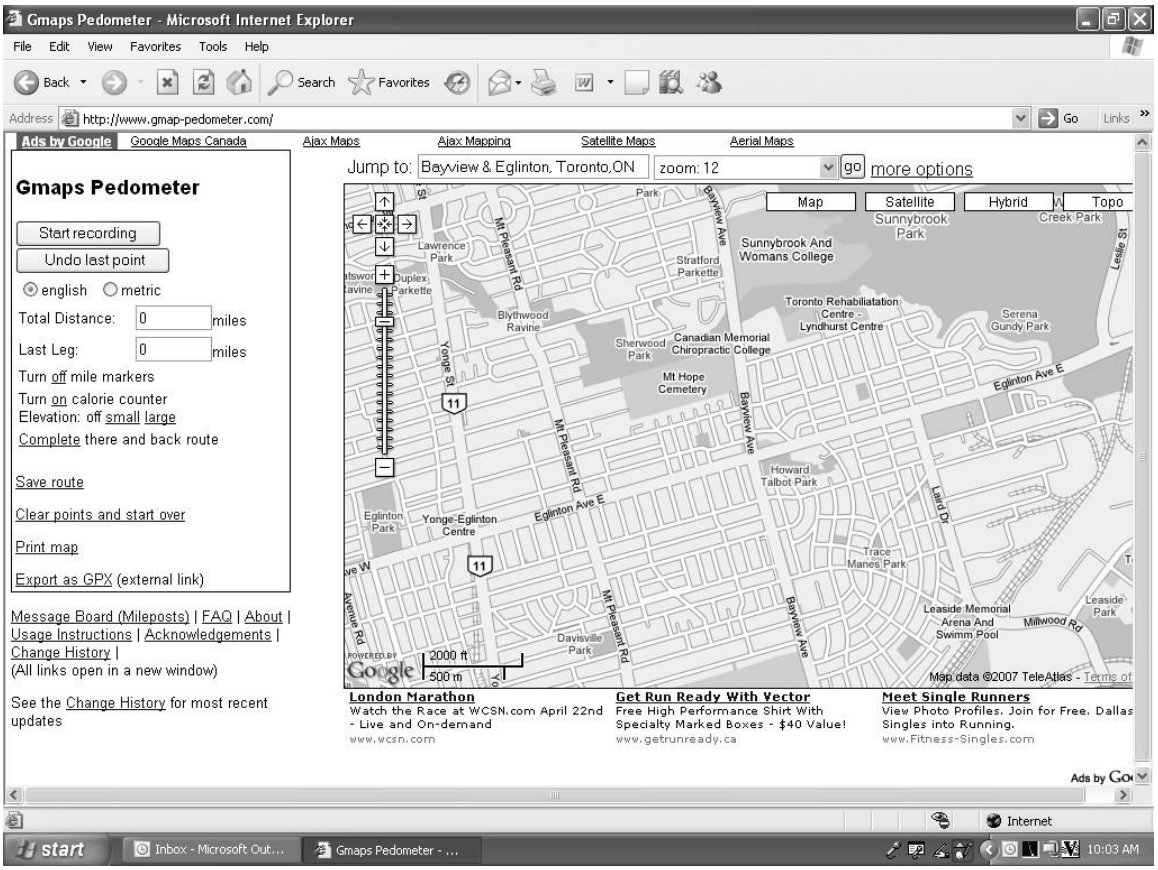
## Home Exercise Equipment:

If you already have, or are thinking about buying a piece of home exercise equipment, speak to your Cardiac Rehab team. They can provide you with an exercise prescription to use on exercise equipment to substitute or replace your outdoor walking program. To learn more about the features of various types of home exercise equipment, see the information on "Exercise Equipment" in the Tool Box of this workbook.

# Measuring Your Walking Route

If your exercise prescription includes walking and/or running, there is a certain distance that is included. How do you know if you have walked that distance? There are a few ways to measure your walking route:

- Use the odometer on your car to measure the route
- Use an indoor or outdoor track. You will need to know how many laps around the track is equal to a mile or kilometer
- If walking in a mall, find the mall-map on our website at http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/TRI_Walking_Maps_Combined_Walking_Maps-D5895.pdf
- Use a surveyor's measuring wheel to measure your distance. Talk to your Cardiac Rehab Supervisor about borrowing the wheel from the program
- Go to this website www.gmap-pedometer.com. You can find the outdoor location of your route and measure it online. The website page will look like this:



## Follow these instructions to measure your route on the Gmaps Pedometer Website:

- In the “Jump To” box, type in the exact address, city, postal code **or** the closest intersection to your walking route and click on “go”.
- Use the + or – zoom level to find the exact starting point of your walking route. Use the up, down, left or right arrows to look at points on the map that aren’t visible on the screen.
- Once you have found your starting point, press the “Start recording” button on the left side of the screen and then double-click on the starting point of your walking route on the map. Double-click the map every time you turn a corner. You should see a red teardrop-shaped icon on the screen while mapping your route.
- As you click on points, the “Total distance” box on the left side of the screen should be adding up the miles.
- If your course is a "there-and-back" route, click the “Complete there and back route” link on the left side of the screen once you reach the midpoint.
- If you make a mistake, simply click on the “Undo last point” box. To make a new route, click on “Clear points and start over” link.
- Routes can be saved and printed.
- In the top right hand corner of the map you can click on the “Map”, “Satellite”, “Hybrid” or “Topo” boxes to view different types of map images.
- Happy route marking!

# Buying Exercise Equipment

Exercise equipment is great to use when the weather is too cold or too hot. Before buying the equipment ask yourself the following questions:

- What is my current fitness level now?
- What is my goal?
- Is the item safe for me to use?
- How much do I want to spend?
- Does the item have a warranty?
- How does this item compare to other equipment?

Talk to your Cardiac Rehab Team to help answer these questions.

Below is a list of various types of exercise equipment and information about what you should consider before buying.

## Treadmills

### Price:



Treadmills vary in price. The difference in price is based on durability the extra features included (e.g., computer programming, hear rate monitors, etc.). The durability and construction of the treadmill is most important.

### Motor:

It is important that the treadmill you purchase has a motor. Do not buy a manual treadmill. Manual treadmills make you drive the belt forward. The motor on the treadmill should be at least a 1.5 horse power motor. Turn on the motor of the treadmill and listen to much noise and vibration it makes. This will be important for you when you are listening to music or the TV while exercising!

## Belt Widths and Lengths:

The width of the belt is important for safety and comfort. Usually the width ranges from 17” to 22” and the lengths from 45” to 60”.

## Emergency Shut Off:

The treadmill you choose should have an emergency shut off. This allows the treadmill to shut off if you fall.

## Computer Feedback and Control Panel:

The control panel of the treadmill should display speed, distance and time. Pre-programmed workouts may be an option that most treadmills have.  They are not necessary.

## Heart Rate Monitors:

Some treadmills have contact heart rate monitors. You hold on to a hand-rail and the treadmill reads your heart rate and displays it on the control panel. It is not as accurate as taking it on your own or through the use of a transmitter type heart rate monitor.

# Stationary Bikes



## Price:

Prices ranges for stationary bikes depend on how many features are included.

## Bike Styles:

Choose a bike style best for you. This will depend on your comfort and any joint/muscle problems you have.

**Upright Style**: set up and look is very similar to traditional outdoor bikes.

**Recumbent Style:** these bikes have a wider chair/seat with a back support and the pedals are out in front of you unlike the upright bike where the pedals are below you. This style of bike is becoming more popular as the comfort of the seat is greater.

## Control Panel Features:

You should be able to determine 1) the speed at which you are pedaling (revolutions per minute (RPM), kilometers per hour (KMPH) or miles per hour (MPH)), 2) the distance covered, 3) the time of cycling, and 4) what level/tension you are working at.

## Other important features:

- Foot straps
- Adjustable seat height so when seated, there is a 15 degree bend in your knee on extension
- Seat tilt

# Elliptical Machines



This machine is a great alternative for those wishing to have a non-impact aerobic work-out. It mimics walking or running and offers the option of incorporating the use of arm work as well.

### Style:

It is important to try out the machine before buying. The size of machines and comfort can be different from each other. Some elliptical machines offer forward movement as well as backward movement.

### Control Panel Features:

You should be able to determine 1) the speed at which you are moving (revolutions per minute (RPM), kilometers per hour (KMPH) or miles per hour (MPH)), 2) the distance covered, 3) time of exercise, and 4) the level of intensity at which you are working.

# Resistance Training Equipment

There is a variety of equipment for resistance training. The following options can be purchased:

- **Dumbbell weights** or “free weights” are common pieces of equipment to use for resistance training. They can be purchased in different materials, including rubber, cast iron or plastic. They can also be purchased as a fixed or adjustable weight.



- **Resistance training machines** are the pieces of equipment usually found in a gym. They incorporate a weight stack and pulley system that gives you resistance against a fixed movement. These machines can be purchased for home use as well.



- **Exercise bands** can be used for resistance training and may be a good choice if you do not have a lot of room to store equipment. If you need to, you can travel easily with this equipment. Each band colour equals a certain amount of resistance. The lighter the colour, the less resistance on the band. The darker the colour, the more resistance there is on the band.



## Heart Rate Monitors

Monitoring your heart rate during exercise is important to make sure you are working at a safe intensity. Manually checking your heart rate is usually done by feeling your pulse on your wrist or neck and counting the beats you feel over 10 seconds. Sometimes this can be challenging. A heart rate monitor may be used instead. A belt with a transmitter is worn around your chest and sends the information to a watch that you wear on your wrist. You simply glance at your watch during your workout to know your heart rate. These monitors are very accurate. If you have an arrhythmias (irregular heart rhythms), it may not be accurate. Speak to your Cardiac Rehab Team before purchasing one.

# Running Shoes

The best footwear for this program is **running shoes.** Cross trainers, court or walking shoes are not a good choice. We all have individual supportive and cushioning needs. The running shoe category is the best one to offer all these features.

Most of these shoes are colourful. Get assessed by an experienced professional to determine your footwear needs.

## Features of the Running Shoe

The uppers are typically a synthetic/nylon mesh combination. These materials offer the most breathability and flexibility and are very light weight.




The midsole will look (and feel) different, depending on your supportive requirements. Feet that need support (low arch or flat feet) will have two or more different densities of material and/or a more firm medial (inside of the foot) device to support your foot though the stride. Feet that require cushion (high arch or ridged feet) will have single density, soft midsoles.

Every good shoe in the running category will come with removable insoles. This allows for the use of orthotics and also the occasional washing. Remember, they are made of light weight foam that will shrink if you wash them in hot water. Wash them in cold water and by hand only.

## What to Keep in Mind When Purchasing Footwear

Have your feet and gait (your walking stride) observed by a qualified salesperson. Call ahead of time and ask if there is someone that can “check my gait”. If they do not offer the service, call somewhere else. Be sure the salesperson watches you walk or run in the shoes. This will determine if a shoe is over correcting or under correcting your step. Without a gait analysis during the fitting process, it’s just guesswork.

Do not be fooled by a really soft, cushy feel. The softer the midsole, the less support the shoe has. Although some feet do require a highly cushioned shoe (high arched, rigid foot types), most people fall into categories that require more stability. Softer midsoles also tend to wear out more quickly.

Fit is important. Do not settle for a shoe that is too roomy or tight fitting. Shoes are now available in a variety of widths to meet the needs of the widest or narrowest of feet. An ideal fit will be roomy in the toe box. This will allow your toes to spread comfortably and when „toeing“ off in your stride. If a shoe is too snug around your toes, you run the risk of blistering or bruising. Aim for approximately 1 cm or ½ inch width of space between your longest toe and the end of the shoe. This extra space will also allow for swelling as you exercise, especially on those warmer days.

Shoes will last 6 to 12 months or 800 to 1200km. This will vary according to your foot strike and/ or your weight.

**By:**

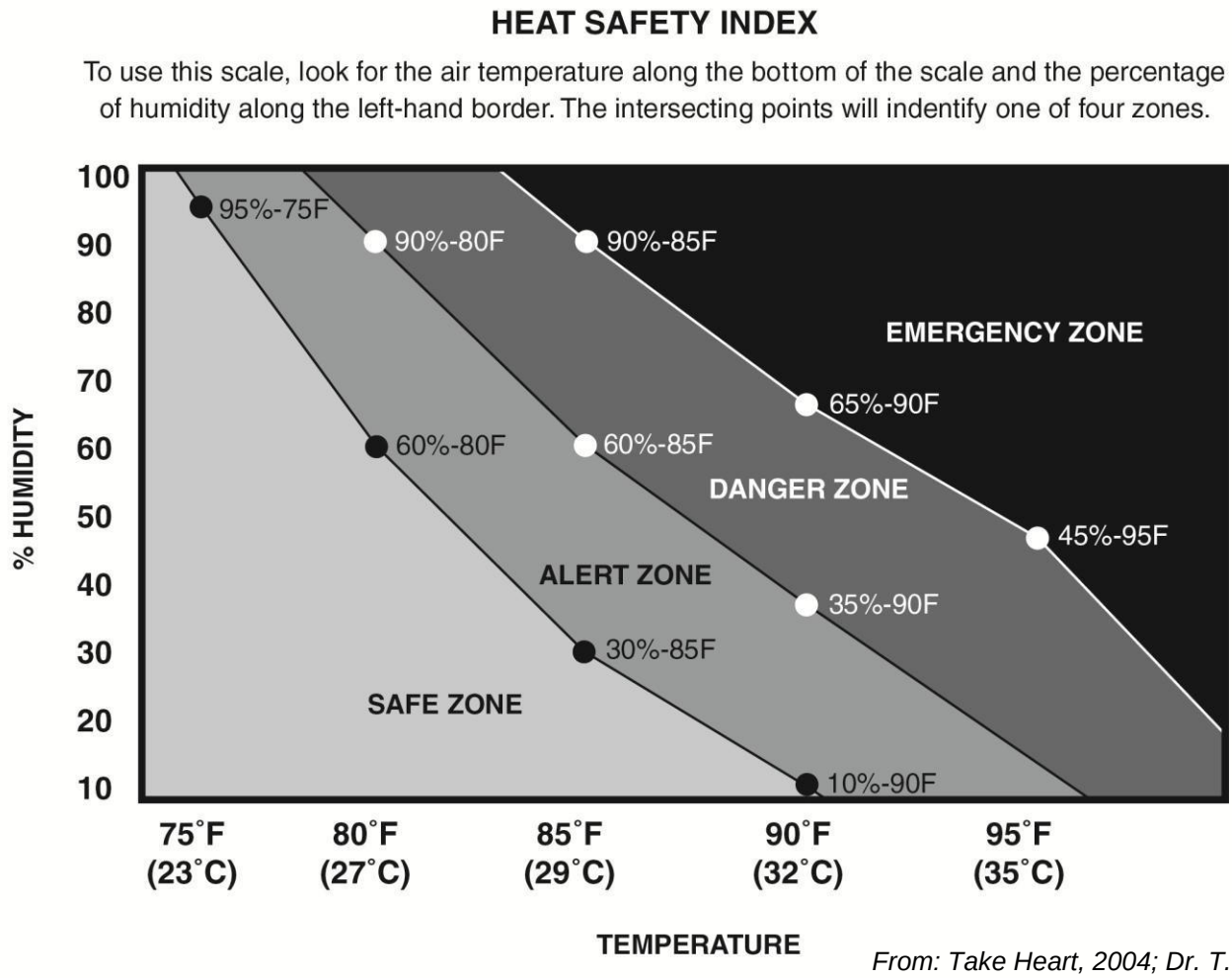
**Running Free**

**708 Denison Street, Hwy 404 and Steeles Ave. area,**

**Phone: 905.477.7871**

**Shop online at** www.runningfree.com

# Heat Safety & Air Quality Index




*From: Take Heart, 2004; Dr. T. Kavanagh*

## Your Action Steps for Exercise for Each Heat Safety Zone

| Safe | Alert | Danger | Emergency |
|---|---|---|---|
| • Exercise as usual<br>• Safe to exercise outdoors | • Decrease your exercise intensity<br>• Watch for symptom | • No outdoor exercise | • Avoid going outdoors |

## Air Quality Health Index

When you check the weather report for air quality, look for:

- The Air Quality Health Index (AQHI)

Air pollution can be measured by the AQHI. This index tells you the level of common air pollutants. In Ontario, the range for the index is 0 to 10. The lower the number, the better the air quality. If you live outside of Ontario, go to your local public health website to find out how your area lists the air quality index.




### Your Action Steps for Exercise for Each Air Quality Range:

| Low Risk 1 to 3 | Moderate Risk 4 to 6 | High Risk 7 to 10 | Very High Risk above 10 |
|---|---|---|---|
| • Exercise as usual<br>• Safe to exercise outdoors | • Decrease your exercise intensity<br>• Watch for symptoms<br>• Consider rescheduling your | • No outdoor exercise | • Avoid going outdoors |

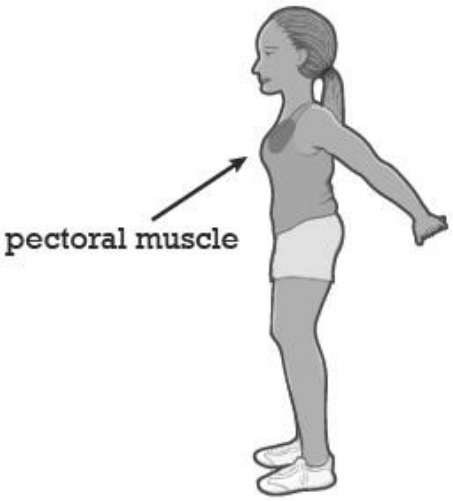
The Weather Network or Environment Canada can give you up to date weather conditions (including the air quality) for the day:

www.theweathernetwork.com or www.weather.gc.ca/forecast or www.airqualityontario.com

# Stretches

## 1) Chest Stretch (Pectoral Muscle)

- Stand with your feet shoulder width apart
- Relax your shoulders and make sure they are not hunched up
- Clasp your hands behind your back (if you cannot clasp them, then place them behind your back)
- Looking straight ahead, open up the chest and squeeze your shoulder blades together
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort




## 2) Shoulder Stretch (Deltoid Muscle)

- Stand with your feet shoulder width apart, arms by your side
- Relax your shoulders and make sure they are not hunched up
- Take one arm and bring it across your chest
- Take the other arm and place it on your elbow to help hold it in position
- Ensure your arm is across your chest and not across your neck
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite shoulder



## 3) Thigh Stretch (Quadricep Muscle)




- Using a wall for support, stand sideways to the wall
- Take hold of your ankle, foot, sock, or pant leg as you bend your leg back from the knee (see figure)
- The knee should be facing down toward the floor and in line with the leg that is planted on the floor
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite thigh

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## 4) Hamstring Stretch



- Using a wall or table for support, stand sideways to it
- Put all of your body weight on one leg and bend that leg
- Take the opposite leg and place the heel on the floor or on a small step with the toes pointed up. Keep this leg straight
- From this position, bend forward from the waist – you will feel a stretch in the back of the upper leg that is straight
- Hold the stretch while continuing to breathe for 15-30 seconds.
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite hamstring

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## 5) Calf Stretch




- Using a wall for support, face the wall standing with both feet close to it. Place your hands on the wall at chest height
- Take a step back with one leg keeping that leg straight and lean into the wall keeping the front leg bent
- Ensure both feet are facing forward
- As you lean into the wall, you will feel a stretch in the calf of the back leg
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite calf